

## CBD relieves aggression in dogs

The [benefits of CBD for dogs](#) have long been known. But there is one aspect that's less well known: CBD relieves aggression. There's a need for this since having an aggressive dog is stressful: they might seriously injure another dog or even a person.



### **Dogs that take CBD show less aggression. Photo: Eric Sonstroem**

Other actions might be necessary

The first step is to consult a veterinarian in case some other medical problem is causing aggression. So visit the vet regularly.

Often, behavioural problems in dogs are complex and might require a multi-faceted approach. There could be a need for environmental management, training or even other medication. The other medications include Fluoxetine (Prozac), Sertraline (Zoloft), Clomipramine (Clomicalm) and Propanolol (Intensol), which have side effects. This makes CBD preferable.

How much CBD does your dog need?

The generally accepted CBD dosage for dogs is 0.000036-0.000070 oz (1-2 mg) for every 10 pounds (4.54 kg) of body weight. Start low and go slow, observing the effect on your dog's mood. If you don't notice results after a few days, gradually increase the dose, keeping a close eye out for side effects. Dogs of similar size can react differently. Different CBD products – capsules, oils or treats – will contain varying amounts of CBD. If there are serious side effects, like diarrhoea, dry mouth, lethargy or vomiting, reduce the dosage immediately and consult your vet.

What factors do you have to bear in mind when deciding how much CBD to give?

A number of factors can affect how much CBD your dog needs.

- ❶ Dogs displaying severe or frequent aggression call for a higher dose.
- ❷ A dog's metabolism can influence how rapidly they process CBD.
- ❸ Existing health issues could influence how a dog responds to CBD.
- ❹ Particular dog breeds are more aggressive. After all, some breeds have

always been bred to guard or hunt, making them predisposed to aggression.

- 🐾 Older dogs react more to CBD.

## Timing

Give your dog CBD 30 to 45 minutes before situations that trigger their aggression. It might take days or even weeks before CBD yields noticeable results. Be consistent. CBD usually works on canine aggression for six to eight hours.

## What studies have there been?

CBD relieves aggression in different animals. In Brazil, there were [mice in 2019](#) and [rats in 2012](#). Looking at dogs, one study took place [in Strylia in 2021](#). 24 dogs were examined, with aggression in the ones given CBD decreasing significantly. There was no reduction in aggression on the part of the dogs given olive oil.

## What to take

The most common form of CBD given to dogs is full spectrum. This contains all the ingredients of the cannabis plant, All cannabis's ingredients are believed to produce an entourage effect that maximises healing properties. [Studies have shown](#) there to be a 14-fold increase. One of these ingredients is THC, which is bad for dogs. The amount, however, of no more than 0.2% in Europe and 0.3% in the United States is too little to cause damage. The presence of CBD reduces the impact, but this teeny amount of THC might have a mildly intoxicating effect on some dogs. You can avoid this by opting for broad spectrum CBD.

A clinical trial undertaken by [Colorado State University in 2020](#) evaluated the impact of full spectrum CBD on dogs suffering from chronic pain caused by joint discomfort. The trial lasted for three months, with benefits in 94% of cases.